

Next Up!

Volume 2,
Issue 7

OCT 2007

Community Center

201 E. Centre Avenue

Buckeye, AZ 85326

(623) 349-6600

Hours of Operation:

8:00– 5:00 pm

Monday - Friday

www.buckeyeaz.gov



Additional Contact Information

Area Agency on Aging
Senior Help Line
(602) 264-4357

Maricopa County
Special Transportation
(602) 372-4280

Dr. Saide
Recreation Center
(623) 349-6350

COMMUNITY ACTION
PROGRAM OFFICE
(623) 349-6615



SENIOR'S POINT OF VIEW

The questions have changed. The performance of our staff and services we provide are important to us. Why wouldn't they be?

They're for our participants. So now we will sit down with a participant each month and ask them how we can improve. A little Constructive Criticism never hurt anyone! We thank those who sit down with us and give their input! This month we asked Sandra Boren what she thought and her opinion on how we can improve.

Q. What do you like most about the senior program?

Sandra: Bingo, Bingo

Q. What would you improve about the senior program?

Sandra: I would like Bingo five (5) days a week instead of two (2)

Q. What do you like most about the Community Center?

Sandra: People who come here, staff—very friendly and nice to me.

Q. What would you improve about the community center?

Sandra: It is hard for me to get around in my scooter—maybe a little more ADA friendly.

Q. Are there any senior programs that are not offered that you would recommend?

Sandra: Maybe more activities for the seniors to do that can be given to those in need. Craft Projects, etc.

Q. What is your favorite thing, trip or program you like that the senior program provides?

Sandra: Of course I have to say Bingo

Q. On a scale of 1 - 10 with 10 being a perfect mark how would you rate the overall services of the community center & senior program?

Sandra: 9.5

Q. On a scale of 1 - 10 how would you rate our community center staff: Responsive, Polite, Courteous, Knowledgeable.

Sandra: Ten—very nice

Q. Is there something the staff at the community center can do to improve their overall customer service?

Sandra: No, you treat us more than fair.



BIKING

Fitness can be as easy as putting pedal to the metal.

Still trying to make good on your New Years Resolution? Not sure what you should do? Too hot to do anything outside? Have you considered going for a bike ride? I'm not talking about riding around the block; I'm talking about a stationary bike.

Please consider some of these health benefits of riding a stationary bike.

Riding on a stationary exercise bike provides a variety of health benefits, and tends to be particularly suitable for people with certain types of back conditions.

- **Exercise biking provides a gentle, low-impact workout without putting too much stress on the spine.** Riding an exercise bike allows you to engage in exercise without jarring your spine.
- **The exercise bike is often more comfortable for certain back conditions.** While it is not universally true, some people who have osteoarthritis may find that stationary biking keeps their joints flexible, reduces stiffness and strengthens the muscles that support the joints, while still being comfortable and low-impact.
- **Riding an exercise bike strengthens major muscle groups to improve back support.** Riding an exercise bike strengthens the leg and thigh muscles, including the hamstrings in the back of the thigh. While riding the bike there are two components to the stroke: the push and the pull. Both strokes are important, as pushing down on the pedals requires the use of the quadriceps, while the pull motion works the hamstrings. It is often helpful to picture the foot going in a circle, pushing on the down-stroke and pulling on the up stroke.
- **To work the abdominal muscles focus on tightening them as you ride.**
- **Using exercise bikes improves muscle flexibility and range of motion.** Muscles and ligaments that aren't conditioned through regular exercise can contract and spasm, increasing stiffness and discomfort. Riding an exercise bike improves the flexibility of leg muscles (especially the hamstrings), which further reduces low back pain from muscle strain. Importantly, you should always stretch your hamstrings twice each day on a regular basis to help reduce stress on the low back. Regular exercise, such as stationary bike riding, also helps maintain the range of motion and flexibility of the many joints in the spine, which can become stiff and painful through lack of use.
- **Aerobic exercise on stationary bikes improves cardiovascular health and circulation.** An exercise bike provides a gentle form of aerobic exercise, which helps oxygen and nutrients to be more easily delivered to the muscles. With better circulation, strained muscles and other soft tissue problems in the low back are able to heal more quickly. In general, aerobic exercise is an excellent pain fighter. Any form of aerobic exercise increases the body's release of endorphins, a natural pain blocker. Endorphins also serve to help reduce anxiety, stress, and depression.

Shirley Owens – a regular user of the stationary bike located in the Community Center says she has lost weight and finds maneuvering the steps easier since she has been using the stationary bike. She tries to get in at least 30 minutes of bike riding a day. Way to go Shirley!

AFRICAN VIOLETS

With their soft furry leaves and dainty blooms most people are automatically attracted to the African Violet plant. They make ideal houseplants in that they like the same temperature as people do. They can tolerate day temperatures up to 85 degrees and cooler, about 65 degrees, at night.

You can purchase your African Violet at a supermarket or nursery. They are usually cheaper at the market but in better shape at the nursery. When you are picking out an African Violet to buy, look for one with green, healthy leaves. Try to get one with some not-yet flowered buds on it. When you get it home put it in a new pot right away.

The type of pot you choose is a personal preference; you can select plastic, unglazed clay pot or glazed clay pot. If you choose an unglazed clay pot you will need to water it more frequently. The pot should be wide and shallow and have drainage holes on the bottom. Cover each drainage hole with a pebble, fill about half full with soil, put in your plant, fill the rest of the pot with soil. You can use a teaspoon or tiny shovel to put the soil in. Tamp down the soil with your fingers. You can put in a couple of Jobe's Plant Food Stakes (I picked mine up at the dollar store.) Place the filled pot onto a saucer. The saucer should be quite deep- don't use a teacup saucer they are too shallow- cover the bottom of the saucer with little cute pebbles. Try to arrange them so the plant will sit level on them. Put the pot in a window sill that receives sunlight from the east or you can use a grow light. When you water make sure the water is tepid not cold. Its best if you can fill a container and let it sit for an hour or more, this will remove chlorine and they like room temperature water. When watering your African Violet remember the three NEVERS':

- ♦ Never water from above.
- ♦ Never water without first sticking your finger in the soil.
- ♦ Never water with cold water straight from the tap

Use a watering can with a small spout. Fill up the saucer until the water is well above the bottom of the pot. Let it sit for about an hour. After an hour, if there is still water above the level of the bottom of the pot, take the pot out of the saucer, pour the water out of the saucer, and return the pot to the saucer.

To create the humid environment that all African Violets love pour just enough water into the saucer to cover most of the pebbles but not so much that the bottom of the pot is sitting in water. The water will evaporate upwards tricking your African Violet into thinking it is living in the Tanzanian Forest, which is where all African Violets dream of living!

REMEMBER: If your plant doesn't flower, it's **not getting enough** light. If the leaves start to get brown edges or brown spots on them, it's getting **too much** light. If you can't or don't have an east facing window at least put them under a grow light. If the leaves turn yellow, they are getting too much water



AFRICAN VIOLETS

African Violets

List of ingredients (what to buy, borrow, use, steal or otherwise acquire)

1. Watering can. Make sure it has a small spout. Before you start the job fill with

tepid water, let it sit for at least an hour.



2. African violet plant.
3. African violet pot. A regular flower pot is too deep. It should have at least one

drainage hole on the bottom.




4. Saucer. Get a nice deep one— not a teacup saucer.
5. Soil. Get some good soil. You can buy special African violet soil which is perfect.
6. Teaspoon or very tiny shovel.
7. Pebbles. You can take a trip to the beach and collect some or buy some cute ones at the store. They can be found in the pet area, fish tank section or craft section.



8. Plant food. Jobe's Plant Food Stakes for Flowering Plants are convenient. Simply



stick them in the soil and forget about them for 6 months or so.

MONTHLY BIRTHDAY CELEBRATION	OCTOBER BIRTHDAYS	
<p>Happy Birthday To Us, Happy Birthday To You, Happy Birthday To All Of Us. Happy Birthday To Everyone!!! One Big October Birthday Celebration. Birthday Celebrations happen on the third Friday of each month. Birthday Cake, Balloons, etc.</p> <p>HAPPY BIRTHDAY!!</p> <p>October Birthdays Friday, October 19th, 2007 11:00—11:30</p>	<p>Nancy Williams Avril Pierce Pius Gross Charlene Holden Lorenzo Gomez Betty Green Miquel Rivera Larry Hoagaland Donavee Shaw Nancy Groening Steven Sasin</p>	

Top Headlines For OCTOBER 2007

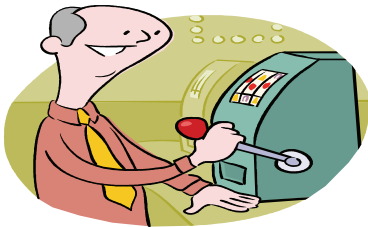
APACHE GOLD CASINO

THURSDAY, OCTOBER 4TH

BUS LEAVES
@ 8:00
RETURNS TO CENTER
AFTER BINGO

Trip Fee: \$5.00

Sign Up Begins:
Monday, September 24th



PUMPKIN & CHILI PARTY

13th Annual
Pumpkin & Chili Party
Schnepf Farms, Queen Creek, AZ

Thursday, October 11th
Vans Leave @ 9:30
Return @ 2:30

Admission Ticket
\$7.00
Food and Shopping
On Your Own

Outside Event—Please Dress
Accordingly

Sign Up Begins:
Monday, October 1st

MINI GOLF OUTING

Tuesday, October 23rd

Vans Leave @ 9:30
Returns @ 2:30

Mini-Golf & Lunch
On Your Own

Sign-Ups Begin:
Monday, October 15th



Monday Night Football & Poker

Monday, October 22nd
5:00—9:00 pm.

Poker Begins @ 6:00 pm.
NO BUY - IN FEE

Colts VS. Jaguars
Snacks & Drinks

Texas Holdem



FLU SHOTS

The Town of Buckeye Senior
Program in Partnership with the
Mollen Flu Clinic Will Have Flu
Shots On

Thursday, October 25th
9:00—11:30

Most Insurance Accepted
Flu Shots are on a first come first
serve basis—Participants should
bring Insurance Cards on day of
event.

MOVIE MANIA

FRIDAY, OCTOBER 12TH
9:00 - 11:30

“We Are Marshall”



Free Popcorn

In partnership with
Area Agency on Aging
Region One

SENIOR WELLNESS

Calling all Seniors!!

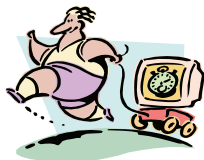
The Get Fit – Stay Fit challenge begins November 1st.

Registration begins Nov. 1st and runs thru Jan. 31st of 2008.

**This is a FREE program; the only thing it will cost you is
30 minutes of physical activity a day!**

All participants will be eligible to win prizes.

**For more information or to sign up please see Sharon or call
(623) 349-6600**



SENIOR SPOOKTACULAR



Friday, October 26th

10 - 2

Best Costume Contest

Games

Food

Prizes

Music by Abe Cortez



HANDWASHING

Hand washing—A Simple Way to prevent infection

Hand washing, such a simple habit—requires no special equipment and only minimal training. Yet it's one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol based hand sanitizer. Despite the proven health benefits of hand washing, many people don't practice this habit as often as they should— even after using the bathroom. Throughout the day you accumulate germs on your hands from a variety of sources, such as people, surfaces, foods, and animals. If you don't wash your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose, or mouth and spread these germs to others by touching them or surfaces they touch, such as doorknobs. Some of the infectious diseases spread through hand-to-hand contact include the common cold, flu and infectious diarrhea. While most people get over a cold, the flu is much more serious. Some people with the flu, particularly older adults and people with chronic medical problems, can develop pneumonia.

PROPER HAND –WASHING TECHNIQUES

In general, regular soap is fine. Antibacterial soaps are no more effective at killing germs than are regular soap and water. The combination of scrubbing your hands

with soap—antibacterial or not and rinsing them with water loosens and removes bacteria from your hands.

- Wet your hands with warm, running water and apply liquid or clean bar soap. Lather well.
- Rub your hands together vigorously together for at least 15 seconds.
- Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean disposable towel.
- Use a towel to turn off the faucet.

Alcohol –based hand sanitizers—which don't require water—are an excellent alternative to hand Washing, particularly when soap and water are not available. Using these products can result in less skin dryness and irritation than hand washing, and are actually more effective than soap and water in killing bacteria and viruses that cause disease. Not all hand sanitizers are created equal. Use only the alcohol based products.

SPECIAL EVENTS & PROGRAMS

Coffee, Tea & Music

Wednesday Mornings
(7:30 - 8:00)

**Bring your favorite music to the
senior center and enjoy it with
others!!**

Every Wednesday Morning In October

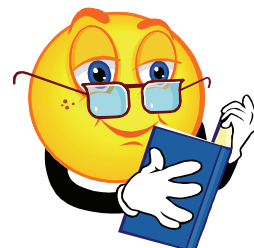


Senior Reading Program

The Senior Reading Program is back.
Enter To Win Prizes By Reading
Just Five (5) hours a week

Registration Begins October 5th
First Prize Drawing
October 12th

Registration Will Be Held
@
The Buckeye Community Center



Programs & Activities

BINGO

Bingo played each Wednesday & Friday—No fee just fun. Wednesday @ 10:00. Friday's schedule varies. Check out our monthly calendar for Friday bingo schedule.



Seniors In Motion

Wednesdays

Partner up or form a group.
We want to see you stay active & stay in motion.
Put down the playing cards and dominoes for thirty minutes and come be active with us!
Staff will participate.
Start time: 8:45 a.m.

Town of Buckeye

Senior Program

BONE BUILDERS PROGRAM

Low impact aerobic and stretching program for older adults. To increase overall stamina, flexibility and endurance. Bone Builders schedule for Tuesdays or Thursdays each month from 10:30—11:15. This forty-five minute program is free to all senior program participants. Come give it a try!!!



TEXAS HOLDEM

Learn to play Texas Hold'em. Check monthly calendar for dates. No buy-in, No money, just fun learning how to play. If you like watching it on T.V. you might want to join in each month.

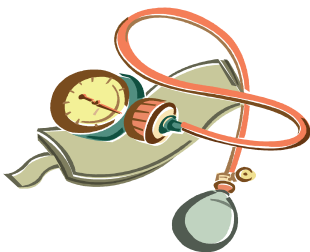


Town of Buckeye

Senior Program

Blood Pressure Checks

In partnership with the Town of Buckeye Fire Department the Buckeye Senior Program is able to offer free blood pressure checks to its participants. Check calendar for days and times.



Arts & Crafts

Arts & Crafts are scheduled each Monday from 9:30—11:30. Participants can take part in Arts & Crafts projects each week. Arts or Craft guest instructors are welcome. If you like doing Arts & Crafts or if you like teaching Arts & Crafts, please join our program. We would enjoy having you involved.



“OPEN FOR BUSINESS”

The Community Center Computer Room - is now open for business. Participants may now surf the net, type letters, check e-mail & more. Computer room open Monday—Friday, 8:00—5:00 pm. One Hour (1) basic computer classes held throughout the month—See Monthly Calendar for class dates and times.

Community Center Library—

Did you know the Town of Buckeye Community Center has its own Library—In partnership with the Town of Buckeye Library Division the Community Center allows participants to register for Library cards, check out books and participate in numerous reading programs. For schedule of events please visit the Community Center. Large print books on site!!

Exercise Equipment

Need to exercise, but the weather is too hot for you to go outside. Did you know the Buckeye Community Center has exercise equipment available for its senior participants as well as those 18 years and older to use. Two (2) Treadmill, stationary bike & multi-use gym currently on site. Exercise Room open Monday—Friday: 8:00—5:00 pm. Please be safe when using equipment—Staff available to assist if you have questions or need help.

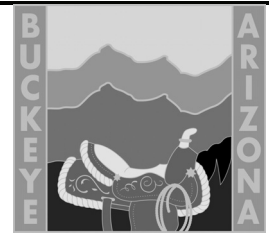
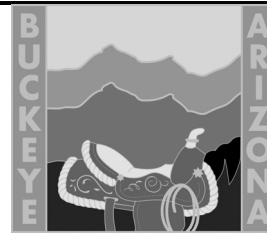
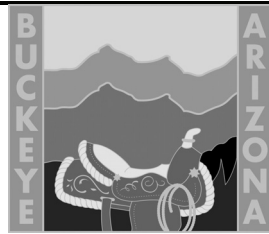
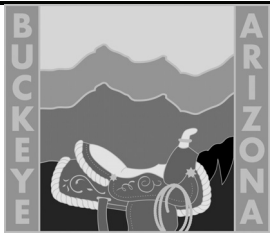
Daily Lunch Program

In partnership with Area Agency on Aging, the Town of Buckeye Senior Program offers a daily lunch program for senior participants 60 years and older. Take a look at our monthly lunch menu inside this newsletter.

Recommended Contribution

\$2.00 participant and guest 60 & older

All other guests & visitors \$5.00



The Town of Buckeye Community Services staff would like to welcome all newcomers to the Town of Buckeye Community Center. The Community Center is here for the enjoyment and services of the Buckeye Community and its visitors. Please take the time to read our Courtesy Guidelines posted within the Community Center. They are for the safety and enjoyment of all our guests, customers, and staff. If you have any questions, please feel free to ask one of our Community Services staff members.

Thank you!

Buckeye Senior Center
201 E. Centre
Buckeye, AZ 85326

October 2007

	1 Sloppy Joe Corn Orange	2 Chicken Patty Brussel Sprouts Wheat Roll Pineapple	3 Open face Hot Beef Mashed Potatoes Wheat bread Apricots	4 Stuffed bell Pep- pers Carrots Wheat Roll Cookie	5 Breaded Fish Spinach Cornbread Fruit Cocktail	6
7	8 CLOSED	9 Pork Chop Broccoli Wheat Roll Apple	10 Cabbage roll w/ Beef California Blend Wheat Bread Fruited Gelatin	11 Baked Ham Baked Potatoes Wheat Roll Pineapple	12 Fruit Plate W/ Cottage cheese Tomato Wedges Asst Crackers Cookie	13
14	15 Beef Tips on Bread Mashed Potato Mandarin Or- anges	16 Ham & Cheese Sand Baked beans Cookie	17 BBQ Chicken Thighs Mixed Veggies Croissant Fresh Pear	18 Spaghetti & Meatballs Broccoli Garlic Bread Ice Cream	19 Baked Turkey W/ Gravy Squash Wheat Roll Grapes	20
21	22 Chicken Chow Mein w/ Asian Veggies on Chow Mein Noodles Pudding	23 Chili Mac Casse- role Corn Garlic Bread Mandarin Or- anges	24 Chicken w/ Noo- dles Carrots Wheat Bread Cherry Cobbler	25 Roast Beef Sand- wich Cauliflower Macaroni Salad Cantaloupe	26 Spooky Hal- loween Scrambled Brains w/ Mixed Bits Crispy Critters Lawn Clippings Baked Bones Peg Leg's Leg Ghost Blood	27
28	29 Chicken Pasta Salad Beets Cake	30 Meat Lasagna Cauliflower Garlic Bread Mixed Fresh Fruit	31 Chili Dogs w/ Beans California Blend Fruited Gelatin	FUNDED IN PART BY AREA AGENCY ON AGING 2% MILK SERVED DAILY SUGGESTED CONTRIBUTION OF \$2.00		

OCTOBER 2007 @ The Buckeye Senior Center

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<i>Funded in part by: Area Agency on Ag- ing Region One</i>					
1 Arts & Crafts: 9:30 – 11:30 Cards & Dominos: 12:30	2 ElderVention Presentation (9:00) Bone Builders (10:30 -11:15)	3 Coffee, Tea & Music (7:30 – 8:00) Seniors In Motion: (8:30 – 9:00) Bingo – 10:00 Cards & Dominoes: 12:30	4 Apache Gold Casino Outing (All Day) Blood Pressure: 9:30	5 Senior Reading Program Begins 10:00 am Bingo – 12:30	6
8 Center Closed	9 Even Seniors Get The Blues Presentation (9:00) Bone Builders (10:30 – 11:15)	10 Coffee, Tea & Music (7:30 – 8:00) Seniors In Motion: (8:30 – 9:00) Bingo – 10:00 Cards & Dominoes: 12:30	11 Pumpkin & Chili Party Outing (9:30 -2:30)	12 Movie Mania (9:00 – 11:30) Bingo -12:30	13
15 Arts & Crafts: 9:30 – 11:30 Cards & Dominos: 12:30	16 You & Your Adult Child Presentation (9-10) Bone Builders (10:30 – 11:15)	17 Coffee, Tea & Music (7:30 – 8:00) Seniors In Motion: (8:30 – 9:00) Bingo – 10:00 Cards & Dominoes: 12:30	18 Corn Toss Chal- lenge 9:30 – 10:30 Blood Pressure: 9:30	19 Birthday Cele- bration (11:00 – 11:30) Bingo – 12:30	20
22 Arts & Crafts: 9:30 – 10:30 Cards & Dominos: 12:30 Texas Hold'em & MNF (5-9)	23 Mini Golf Outing Bone Builders (10:30- 11:15)	24 Coffee, Tea & Music (7:30 – 8:00) Seniors In Motion: (8:30 – 9:00) Bingo – 10:00 Cards & Dominoes: 12:30	25 Myths About Aging (9-10) Flu Shots (9 -11:30)	26 Senior Spootacular 10-2 Bingo @ 1	27
29 Arts & Crafts: 9:30 – 10:30 Cards & Dominos: 12:30 Computer Class 10:30-11:30	30 Trading Spaces Presentation (9 -10) Bone Builders (10:30- 11:15)	31 Coffee, Tea & Music (7:30 – 8:00) Seniors In Motion: (8:30 – 9:00) Bingo – 10:00 Cards & Dominoes: 12:30			